

Grain of salt path (Chemin du grain de sel)



Medium 3 h 10.6km 276m -275m Loop

Departure : Hikers' parking, place called St-Amans.

Arrival : Same place as the start

Markings : PR

Cities : 1. Saint-Marcel-Campes

2. Livers-Cazelles

3. Cordes-sur-Ciel

This loop offers stunning views of Cordes and the Cérou valley, dominated by the highlands of the Ségala. In spring and autumn, the light interacts with the varying colors of the vegetation and soil, creating characteristic contrasts and atmospheres in this area.

Is In The Midst Of The Park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



Labellisé FFRandonnée® Tarn

Cet itinéraire est labellisé FFRandonnée®. Il fait partie du réseau tarnais de chemins validé et reconnu par la Fédération Française de la Randonnée et les partenaires du Tarn comme de qualité supérieure.

Advices

La portion du sentier "chemin rural du Pied-Haut ou du Grain de Sel" qui mène à la vue emblématique de Cordes (entre les points 4 et 5) est interdite aux véhicules à moteur thermique ou électrique, excepté les vélos et VTT électriques.

Information Desks

Office de tourisme - Accueil de Cordes-sur-Ciel

Maison Fonpeyrouse, 34 Grand rue Raimond VII,
81170 Cordes-sur-Ciel

info@latoscaneoccitane.com

Tel : 0 805 400 828

<https://www.la-toscane-occitane.com/>

Office de tourisme - Accueil mobile de Cordes-sur-Ciel

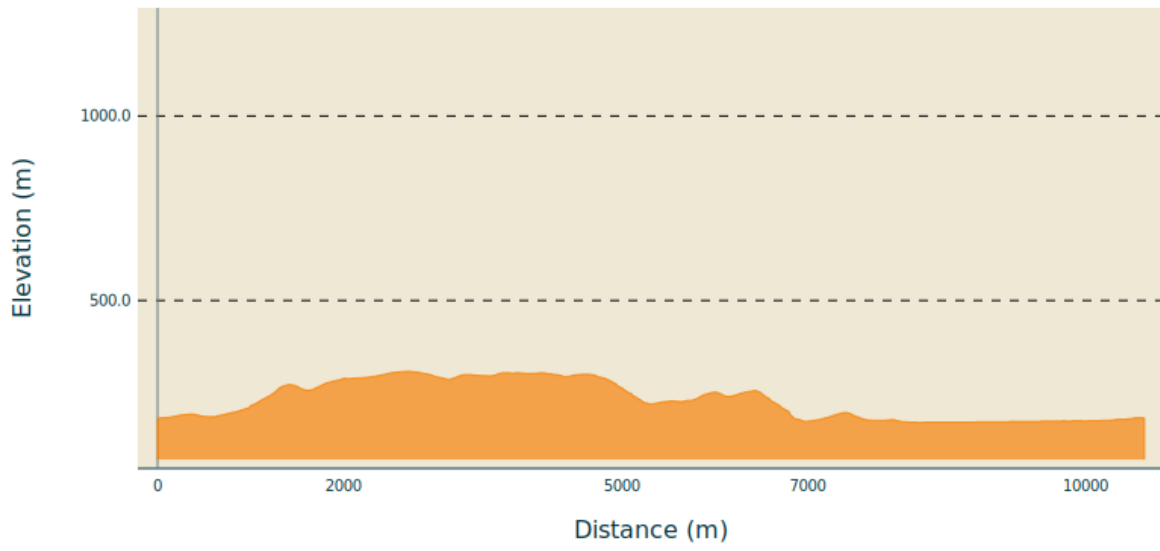
Place Jeanne Ramel-Cals, 81170 Cordes-sur-Ciel

info@latoscaneoccitane.com

Tel : 0 805 400 828

<https://www.la-toscane-occitane.com/>

Altimetric Profile



Min elevation 169 m Max elevation 308 m



Description

- 1 Start on the equestrian path that circles the Domaine de la Gazelle. Leave the "Sentier du Cérou" to the right and continue until you reach the paved road. At the road, turn left and after a few meters, continue right onto the dirt path that will lead you through oak woods to the Virac plateau.
- 2 At the D7 road, turn right (you will join the GR36 here) and walk 500 meters on the GR36 (Caution). Turn right at the "Chemin de la Bouriasse" dead-end sign. Continue for another 500 meters on the road following the "Puech Haut" sign.
- 3 At the entrance to the property, follow the path on the left between the hedge and the field (respect private property and crops). Then continue left on an old path bordered by trees and limestone walls. Enjoy the beautiful view of the Cérou valley with the village of St-Marcel perched on the hillside to the east, and the arches of the road leading to Mouzieys-Panens to the west. Continue to the paragliding area, cross the field, and follow the left side of the cypress hedge.
- 4 Turn right to continue straight on the Chemin du Grain de Sel, which becomes a path further on. You will reach the edge of the plateau. Stop to admire the superb panorama of the medieval city before descending via the small path to the first houses of Cordes. Leave the GR36 heading towards the village and turn right onto the Chemin de Liversenq.
- 5 Walk 300 meters through the residential area and then take the hillside path. At the end, cross the field to reach the D922. Cross the small parking area and turn right onto the Campes road. After 100 meters, leave the pavement and follow the field before rejoining the road. At the crossroads before the Campes church, turn left. Walk 200 meters, then leave the road to follow a shaded path along the Cérou for 1 kilometer.

6

Upon reaching the road, turn right, then across from the road, go around the Moulin de Pointe à Pitre by following the thuya hedge. Head back up the Cérou for 200 meters to the hamlet of la Grillotte, then continue right to reach the hikers' parking area.



Le Département du Tarn s'engage pour le développement maîtrisé des sports et activités de nature, en proposant une offre qualifiée. Retrouvez l'intégralité de cette offre sur le site et l'application mobile gratuite Tarn Pleine Nature